

# British Canoeing Courses in the Brecon Beacons Autumn / Winter 2020-21

provided by Steve Rayner Outdoor Pursuits

Details & bookings: [steverayner.me.uk/courses](http://steverayner.me.uk/courses) | [steve.rayner@brynbolgoed.co.uk](mailto:steve.rayner@brynbolgoed.co.uk) | 07989 412415

All courses will be run in accordance with current Covid-19 regulations and guidance. While there remain restrictions on indoor gatherings, most courses will include video-conference sessions to cover 'classroom' topics. These will usually be a few days before and/or after the main 'practical' (outdoor) sessions, arranged to suit participants on each course. The dates shown below are for the 'practical' sessions only.

## Outdoor / Aquatic / Emergency First Aid

1-day (8-hour) course for those operating within a reasonable distance of medical assistance (including Sheltered Water and Climbing Walls) – accredited British Canoeing Aquatic First Aid Level 1 – cost £60.

2-day (16-hour) course for those operating in remote environments (including Moderate Water and mountain areas) – accredited British Canoeing Aquatic First Aid Level 2 – cost £120.

- Contact me for dates (pending further relaxation of Covid-19 restrictions)

## Personal Performance Awards

Training and assessment for any of the following – contact me for details and to arrange other dates:

- Paddle Start, Discover & Explore Awards, for paddlers developing generic skills on sheltered water
- White Water Kayak Award, for kayakers developing skills on Grade 2(3) rivers:  
Sat 12-Sun 13 Dec, Sat 13-Sun 14 Feb
- Canoe Award, for canoeists developing skills on open water and Grade 1 rivers

## Foundation Safety & Rescue Training

Training for all paddlers, coaches and volunteers irrespective of craft or discipline: key skills to operate safely and deal with common emergencies in a Sheltered Water environment – cost £75.

- Wed 23 Sep, contact me for other dates

## Paddlesport Instructor Award

Combined training and assessment for instructors running paddlesport taster/starter sessions within the safety management systems of clubs, centres or other organisations in Very Sheltered Water environments – cost £150 max.

- Wed 21-Thu 22 Oct

## Coach Award Training

For those whose core function is to coach paddlers who want to gain/improve paddlesport skills within their chosen discipline; comprises 2-day Core Coach Training followed by 2-day Discipline-Specific Training – cost £180 (max.) per course:

- Core Coach Training: contact me for dates
- Canoe & Kayak Coach (Sheltered Water) Training: Wed 11-Thu 12 Nov
- Canoe Coach (Sheltered Water) Training: contact me for dates
- Kayak Coach (Sheltered Water) Training: contact me for other dates
- Open Water Canoe Coach Training: Sat 27-Sun 28 Mar
- White Water Canoe Coach Training Sat 31 Oct-Sun 1 Nov; Wed 2-Thu 3 Dec; Sat 9-Sun 10 Jan
- White Water Kayak Coach Training Sat 21-Sun 22 Nov; Sat 30-Sun 31 Jan; Wed 24-Thu 25 Feb

## Coach Award Assessment

1-day assessment for Sheltered Water Canoe and/or Kayak; White Water Canoe or Kayak; and Open Water Canoe – contact me to arrange a suitable date.

## Steve Rayner OBE

White Water Kayak Performance Coach, Open Canoe Coach

British Canoeing Coach Education Tutor

FSRT Provider, Aquatic First Aid Level 2 Coach

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